

WHAT IS CLAIMED IS:

1. An adjustable scissors-action exerciser comprising:
 - a first motion arm having a coupling end;
 - 5 a coupling block pivotally mounted to said coupling end of said first motion arm and having a protruding rod;
 - a damper mounted between said first motion arm and said coupling block for generating damping resistance upon rotation of said coupling block relatively to said first motion arm;
 - 10 a second motion arm having a coupling end pivotally mounted to said coupling block, a plurality of chisel grooves formed at said coupling end and smoothly curvily arranged in parallel, a first protrusion, and a second protrusion, said chisel grooves each having a sloping face and a stop face asymmetric with said stop face, said sloping faces of said chisel grooves being sloped in counterclockwise direction;
 - 15 a locking member pivotally mounted to said coupling block and having an engagement portion at an end thereof and a stop portion at an opposite end thereof;
 - a first spring member connected between said locking member and said coupling block for generating force enabling clockwise rotation of said locking member;
 - 20 a limiter pivotally mounted to said coupling block and having a first end and a second end at two opposite ends; and
 - a second spring member connected between said limiter and said coupling block for generating force enabling counterclockwise rotation of said limiter; wherein
 - when said first and second motion arms are at a normal position, said
 - 25 engagement portion of said locking member is inserted into one of said chisel grooves

of said second motion arm, said stop portion of said locking member is stopped at said protruding rod of said coupling block, and the first end of said limiter is stopped at an outside of said stop portion;

when said second motion arm is turned counterclockwise relatively to said coupling block to expand a contained angle between said first and second motion arms, said engagement portion of said locking member is moved over said sloping face of said respective chisel groove and then forced by said first spring member into engagement with a next chisel groove;

when said second motion arm is turned clockwise relatively to said coupling block to reduce the contained angle between said first and second motion arms, said engagement portion of said locking member is stopped against said stop face of said respective chisel groove, thereby causing said second motion arm to drive said coupling block to turn clockwise relatively to said first motion arm;

when the contained angle between said first and second motion arms grows beyond a predetermined angle, said engagement portion is forced by said first protrusion to reverse said locking member, thereby causing said stop portion of said locking member to move over the first end of said limiter and then to press on the first end of said limiter against said projecting rod, the second end of said limiter is disposed in a position touchable by said second protrusion, and said engagement portion of said locking member is kept away from said chisel grooves; meanwhile, said second motion arm can be turned clockwise relatively to said first motion arm till that the second end of said limiter is stopped at said second protrusion to force the first end of said limiter to move over said stop portion of said locking member and then to press on said stop portion of said locking member against said protruding rod, causing said engagement portion to engage said chisel grooves.

2. The adjustable scissors-action exerciser as defined in claim 1, wherein said chisel grooves include a first chisel groove, a last chisel groove, and a plurality of intermediate chisel grooves spaced between said first chisel groove and said last chisel groove; said first motion arm and said second motion arm are selectively lockable to a collapsed angle and one of operation angles; when said first motion arm and said second motion arm are set in said collapsed angle, said first motion arm and said second motion arm are at a collapsed position, and said engagement portion of said locking member is inserted into said first chisel groove; when said first motion arm and said second motion arm are changed to another operation angle, said engagement portion of said locking member is moved out of said first chisel groove to one of said intermediate chisel grooves; when said first motion arm and said second motion arm are set at a right angle, said engagement portion of said locking member is inserted into said last chisel groove.

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3. The adjustable scissors-action exerciser as defined in claim 2, wherein the number of said chisel grooves is six; said engagement portion of said locking member is shifted from one said chisel groove to a next chisel groove upon each 15° rotation of said second motion arm relatively to said first motion arm.

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4. The adjustable scissors-action exerciser as defined in claim 1, wherein either of said first and second motion arms comprises a plurality of marks spaced on said coupling end thereof corresponding to said chisel grooves, and the other of said first and second motion arms comprises a reference point at a periphery of said coupling end thereof, said reference point being aligned with one of said marks when

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said first and second motion arms are set in one of said operation angles.

5. The adjustable scissors-action exerciser as defined in claim 1, wherein
said first motion arm comprises an open chamber formed in the coupling end thereof;
5 said coupling block is a barrel-like member pivotally mounted in said open chamber of
said first motion arm; said second motion arm comprises a socket extended from said
coupling end thereof and coupled to said coupling block.

6. The adjustable scissors-action exerciser as defined in claim 5, wherein
10 said open chamber of said first motion arm is provided with a locating groove; said
coupling block comprises a locating groove; said damper is a torsional spring having
two distal ends respectively fastened to said locating groove of said open chamber and
said locating groove of said coupling block.

15 7. The adjustable scissors-action exerciser as defined in claim 1, wherein
said locking member comprises a pivot pivotally mounted to said coupling block; said
first spring member is a torsional spring mounted on said pivot of said locking member,
having two opposite ends respectively fastened to said engagement portion of said
locking member and one side of said coupling block; said limiter comprises a pivot
20 pivotally mounted to said coupling block; said second spring member is a torsional
spring mounted on said pivot of said limiter, having two opposite ends respectively
fastened to the first end of said limiter and said coupling block.

8. The adjustable scissors-action exerciser as defined in claim 1, wherein
25 said first and second motion arms each comprise a main shaft and an extension shaft

axially slidably inserted into said main shaft and lockable to said main shaft.